PPE for Doulas and other Non-Clinical Workers who work in the Health Care Setting

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• New Viral Infection
• Manifests most commonly in respiratory illness (pneumonia) but other constellation of symptoms may be present.

• Fever or chills
  • Cough
• Shortness of breath or difficulty breathing
  • Fatigue
• Muscle or body aches
  • Headache
• New loss of taste or smell
  • Sore throat
• Congestion or runny nose
  • Nausea or vomiting
  • Diarrhea
• 80% asymptomatic (no symptoms) or mild illness
HOW CORONA VIRUS SPREADS

Most commonly spread thru infected persons: shaking hands

Respiratory-cough, sneezing, talking

Close personal contact touching, hugs, kissing, shaking hands

Touching objects /surfaces and then touching one’s mouth, nose, eyes
THINGS WE CAN ALL DO TO PREVENT COVID-19 SPREAD

- Avoid exposure, contact with sick, stay home if sick
- Wash hands often
- Cover your mouth and nose with a tissue or inner elbow when sneezing or coughing
- Do not touch your eyes, nose or mouth with unwashed hands
- Create more personal space between yourself and others in public (physical or social distancing)
- Wear a face covering (covers mouth and nose) when outside your home, especially if you cannot maintain 6 feet of distance from others
- Clean and disinfect frequently touched objects and surfaces often
HANDWASHING

• Probably the single most important thing one can do to fight the spread of any infection
  
  • Often
  • Touch Points
  • Before touching a patient
  • After touching patient
  • After touching equipment in the room
  • Length of time is important- 20 seconds or more

• If no access to soap and water- hand sanitizer (60 %) alcohol for at least 20 seconds

• Important whether you are washing or using hand sanitizer to get in between fingers as well as the back of the hands.
20 SECONDS

- https://www.google.com/search?ei=NfH7XradBNmoytMPqcevUA&q=timer+for+20+seconds
PERSONAL PROTECTIVE EQUIPMENT (PPE)

• It may be necessary to explain to clients why it is important to wear PPE
• How to introduce- in many jobs people wear special clothing/accessories
  • My mask protects you, Your mask protects me
• Client may not want to wear face covering
Anyone who will be in close contact (less than 6 feet away) with a person diagnosed with COVID-19 or Person Under Investigation (PUI) or a person with symptoms who has not been tested
  • Many are familiar with respiratory symptoms
  • Allergy and asthma symptoms can confuse the symptoms

Since the longer you are around someone the increased risk of exposure. You may consider limiting contact (virtual) early labor or take advantage of nice weather and spend time outside where it may be easier to be physically distant
• Surgical Mask / Face covering/N-95
  • Eye protection
    • Gloves
    • Gown
• Head covering
WHEN TO WEAR PPE?

• Definitely
  • If patient is COVID-19 positive or
  • PUI (tested but result not back)
  • If patient symptomatic but declines testing

• Times when you will you might want to take extra precautions or will need to use your discretion:
  • If patient declines testing
  • If patient is covid negative but is coughing or has other symptoms
  • If you or a family members has a medical condition or is particularly vulnerable
WHERE ? CHECK FOR HOSPITAL SPECIFIC POLICIES

- Home visitation
- In Hospital
  - Most hospitals will require temperature on entry into the building
  - Face mask – to cover and nose and mouth
  - Arrival to Labor and Delivery
  - Most places COVID testing being done at the time of admission
  - Each hospital may have different time frames for when test results are coming back (4-24 hours, in some cases longer)
  - Is doula going to accompany patient to the hospital or wait for patient to call once she is admitted
  - Check for any specific changes in L&D policy - updates
  - Easier for everyone to know how to plan and what to expect if we communicate in advance
  - Visitor policy, provision of PPE, any restrictions on movement, what happens after delivery, possibility of early discharge
WHY?

• Safety for patients (mothers and babies) and their families
  • Safety for hospital staff
  • Safety for community members
HOW TO PUT ON PPE

- PPE - isolation gown, N-95 or facemask, disposable masks, face shield
- Hand hygiene
- Put on isolation gown
- N-95 / Facemask
  - mold piece to nose
  - Top strap above you ears
  - Bottom strap base of the neck
- Face shield or goggles
- Hand Hygiene
- Gloves
CDC VIDEO - PUTTING ON PPE

• https://youtu.be/of73FN086E8
• Remove gown/gloves in the patient’s room
• Hand hygiene
• Step out of the room
• Remove face shield
• Remove N-95 or surgical mask
• Remove gloves (if you have on 2nd pair)
• Perform hand hygiene
CDC VIDEO- TAKING OFF PPE

• https://youtu.be/PQxOc13DxvQ
• Some hospital variation
• Place of care designated by mother and baby’s medical condition
• Healthy / full term infants can still room in with mom
  • If mom COVID positive, she and family should be educated about facemask, handwashing and distancing
• Breastfeeding is medically recommended and should be encouraged
• Some hospitals may have early discharge policy - ask if interested?
• We have noticed breastfeeding support limited particularly with short hospital stays, more anxiety, food insecurity, stress management issues
• Safety first
• Reintroduce yourself- don’t assume everyone is aware of new executive order
• Find out what is new with hospital policies and procedures and how you should get your PPE
• Taking off PPE in the correct manner is just as important as putting it on, if you need help you can ask for someone to help/observe
In which picture is the person wearing the face mask correctly?

Place your answer in the chat box.
• Many PSA’s geared toward various community members

CDC has many resources in Spanish also and other languages.

• One of my favorites:
• https://youtu.be/SoYz5gYjtSI
REFERENCES

• CDC website
• ACOG website
All Teach
All Learn

Thank you!

Questions & Discussion